



How YOU Can Support . . .

It doesn't matter whether you choose to donate your time or money, what matters is that you serve. There are so many opportunities available today to anyone who is committed to giving back to our military family community, and they are only a click away. Are you passionate about mentoring? Maybe you have an old cell phone lying around or airline miles you haven't used, or maybe you just have a few hours of free time and want to make a difference. This list is just to get you started. So join us today!

- **American Legion Auxiliary** www.legion-aux.org
The American Legion Auxiliary is the world's largest women's patriotic service organization with nearly 1 million members in 10,100 communities. Auxiliary members are a unique group of women, joined in the fellowship of volunteerism, patriotism and dedication to veterans, young people and communities.
- **America Supports You** www.americasupportsyoudil
A Department of Defense program that connects individuals, organizations and companies to hometown groups offering support to the military community and their families including writing letters and e-mails, sending care packages, offering scholarships and helping the wounded.
- **American Red Cross – Holiday Mail for Heroes** www.redcross.org/holidaymail
In partnership with Pitney Bowes, the American Red Cross encourages people to send a touch of home to the real heroes of America and their families. Together they will collect, sort and distribute holiday cards to service members, veterans and their families during the holiday season.
- **Bob Woodruff Family Foundation** www.remind.org
The Bob Woodruff Family Foundation raises public awareness about traumatic brain injury and combat stress by working with private industry and government to develop excellence in prevention, diagnosis, treatment, support and resources. It ensures that soldiers and their families have access to a lifetime of treatment, education and employment opportunities to help them reintegrate back into their communities.
- **Cell Phones for Soldiers** www.cellphonesforsoldiers.com
Cell Phones for Soldiers is a non-profit organization which turns old donated cell-phones into prepaid calling cards.

- The Coming Home Project** www.cominghomeproject.net
 A non-profit organization devoted to providing compassionate care, support and stress management tools for Iraq and Afghanistan veterans, their families and their service providers. The Coming Home Project is a multi-disciplinary team of veterans, psychotherapists and interfaith leaders committed to helping transform the wound of war by addressing the emotional, spiritual and relationship challenges faced by veterans and families before, during and after deployment.
- Defenders of Freedom – CA** www.defendersoffreedom-ca.us
 A 501 (c)(3) non-profit organization which raises money to support troops who are currently deployed around the world. The organization unites family members, raises community involvement, supports wounded soldiers, sends care packages and provides welcome home celebrations at airports.
- Fallen Patriot Fund** www.fallenpatriotfund.org
 Dedicated to ensuring that casualty families have support resources available such as death benefits, pension funds, child support, military housing and store access.
- Fisher House Program** www.fisherhouse.org
 A private-public partnership that supports America's military by providing "a home away from home" for family members whose loved one has been hospitalized. There are currently 32 houses on every major military medical center and several VA medical centers. The program supports families as they work through incredible challenges.
- Give an Hour – Give Help/ Give Hope** www.giveanhour.org
 A non-profit network of volunteer mental health professionals who provide free therapy (both in person and via telephone) to service members and their families affected by operations in Afghanistan and Iraq.
- Homes For Our Troops** www.homesforourtroops.org
 The mission is to build specifically adapted homes for severely disabled soldiers and their families. The organizations is a non-profit which uses monetary and building material donations to help families of disabled American heroes in addition to soliciting trades people to donate their labor.
- Injured Marine Semper Fi Fund** www.semperfund.org
 A non-profit organization which provides financial assistance to wounded heroes and their families. This assistance helps to defray costs related to hospitalization, rehabilitation, purchase of specialized equipment, transportation and home modifications.
- Intrepid Fallen Heroes Fund** www.fallenheroesfund.org
 The Fund provides unrestricted grants to the families of military personnel who have given their lives in defense of our country. The non-profit Fund is supported entirely by donations – 100% of contributions from the public for this effort go to support military families.

- Kids Serve 2** www.saluteourservices.org
 A program which provides resources that support military children – because when parents serve in the military, their Kids Serve 2. The mission is to honor, support and thank military children by fostering awareness and appreciation about the sacrifices and challenges they face.
- Military Child Education Coalition** www.militarychild.org
 A non-profit, world-wide organization that identifies the challenges that face the highly mobile military child, increases awareness of these challenges and initiates and implement programs to meet the challenges.
- National Military Family Association** www.nmfa.org
 The Association educates and provides resources to military families concerning their rights and benefits. The site also features information on Operation Purple, a free summer camp in partnership with the Sierra Club that brings together youth who are experiencing deployment of a parent.
- Navy-Marine Corps Relief Society** www.nmcrs.org
 The Society is a non-profit charitable organization which provides a variety of services in order for Naval personnel to achieve financial self-sufficiency and find solutions to emergency needs.
- Operation Bigs** www.bbbs.org/site/c.drLRK2PELsF/b.4382051/
 A mentoring program for children of military families where volunteers, which include on-base marines, personnel and community members, spend one-on-one quality time with children at their schools and on-site at Camp Pendleton.
- Operation Gratitude** www.opgratitude.com
 Operation Gratitude is a non-profit, volunteer organization that sends care packages filled with snacks, entertainment items and personal letters of appreciation to deployed U.S. Service Members. Our mission is to lift morale, bring a smile to a service member's face and express to all our Armed Forces the appreciation and support of the American people.
- Operation Hero Miles** www.heromiles.org
 Allows troops stationed in Iraq or Afghanistan to fly home on leave for free. It gives family members of wounded servicemen free plane tickets to visit their loved ones recovering at military hospitals. It also gives ordinary citizens an opportunity to help our troops by donating their unused frequent flyer miles for troops and their families.
- Operation Homefront** www.operationhomefront.net
 A non-profit organization that focuses on helping spouses left behind during deployments. It provides discounted or free assistance with car, computer, household repairs and local moves.

- Silver Star Families of America** www.silverstarfamilies.org
 Dedicated to supporting and assisting the wounded and their families of ALL branches of service and ALL wars. The program recognizes those who sacrificed – Purple Heart recipients, victims of friendly fire, those suffering from Post Traumatic Stress Disorder, Agent Orange and Gulf War syndrome.
- Soldiers' Angels** www.soldiersangels.org
 A volunteer led non-profit organization, Soldiers' Angels provides aid and comfort to the men and women of the United State Army, Marines, Navy, Air Force, Coast Guard and their families. With over 30 different teams and projects, their nearly 200,000 volunteers assist veterans, wounded and deployed personnel and their families in a variety of unique and effective ways.
- ThanksUSA** www.thanksusa.org
 ThanksUSA is a non-partisan, charitable effort to mobilize Americans of all ages to "thank" the men and women of the United States Armed Forces by providing college, technical and vocational school scholarships for their children and spouses.
- Till You Come Home Foundation** www.tillyoucomehomefoundation.com
 A non-profit dedicated to supporting the morale and emotional well-being of U.S. troops serving all over the world. On behalf of the men and women in the armed forces, Till You Come Home produces photo "Memory Books". These durable albums allow soldiers to carry pictures of their loved ones with them and invite you to support their efforts on behalf of military families.
- Tragedy Assistance Program for Survivors (TAPS)** www.taps.org
 TAPS is a national non-profit organization serving families, friends and military service members who have been affected by a death. They offer peer support, crisis response and intervention, grief care and counseling resources, casework assistance, long-term survivor wellness and outreach.
- United Through Reading** www.unitedthroughreading.org
 A non-profit organization which facilitates supportive relationships for children through families and friends reading aloud with them. The program focuses on separated military families by having a deployed parent read aloud via DVD which connects the child in a special way.
- USA Together** www.usatogether.org
 The mission of USA Together is to use the power of the Internet to help men and women of the US military who have suffered life-altering injuries in service to their country. By publishing specific needs for goods, financial assistance and services, they hope to connect injured service members and their families with those who are willing and able to assist them.